

## ARTHRITIS PGS284-285 DEAD DOCTORS DON'T LIE

ARTHRITIS (rheumatism) is a devastating degenerative disease of the joints. Symptoms of joint noise, joint pain, swelling, and deformative changes are typical. The cause of arthritis is listed as unknown by “orthodox” medicine and treatment is of the “take two aspirins and learn to live with it.” Prednisone, a synthetic form of cortisone, is used to treat symptoms. In fact, osteoarthritis and degenerative arthritis are a complex of nutritional deficiencies. In the case of rheumatoid arthritis, a chronic infection with a *Mycoplasma* spp. is the overt cause. Again, if the truth were released, the “orthodox” doctors would lose an entire specialty in short order, so they keep it a secret.

A dietary calcium/phosphorus ratio of 2:1 is ideal yet impossible to attain in an unsupplemented diet. A vegetarian diet gets close but is complicated by “phytates” (a natural chelating substance found in plants) which makes even supplemented calcium unavailable. The calcium/phosphorus ratios of food items is consistent:

### FOOD CALCIUM PHOSPHORUS

grain 1 8

red meat 1 12

organ meat 1 44

(liver, kidney)

fish 1 12

carbonated drinks 1 8

It is easily seen that none of the calcium/phosphorus ratios of the basic

foods are anywhere near correct. These increase the calcium loss from the body including the bones and teeth. The more meat you eat, the more calcium supplementation you need. It is quite simple. Veterinarians know this but we suppose that “orthodox” physicians believe that if a “truth” will wipe out a medical specialty, it must be ignored or kept a secret!

Treatment of arthritis should include calcium at 2000 mg/day and more if you eat meat two or three times per day. Also take magnesium at 800-1000 mg/day, and cartilage (collagen, glucosamine sulfate and chondroitin sulfate) at 1000 mg t.i.d. For rheumatoid arthritis, add tetracycline or minocycline at the low dose acne therapy level daily for one year, or oral food grade H2O2 to deal with the Mycoplasma infection. IV chelation with EDTA and H2O2 is very helpful! Take Vitamin C to bowel tolerance, B6 100 mg b.i.d., B3 450 mg b.i.d. as time-release capsules. Take Vitamin E at 1000 IU/day. Copper at 2 mg/day (may be absorbed from a copper bracelet), selenium 300 mcg/day, zinc 50 mg t.i.d. Plant derived colloidal minerals are 98 percent absorbable and give excellent results! Rotation elimination diets can help when food allergies aggravate or precipitate symptoms. Dr. Wallach’s Pig Arthritis Formula is an easy recipe that can be prepared at home that will economically provide all of the necessary raw material to rebuild cartilage, joint capsules, and bone. Autoimmune urine therapy is very useful for all types of arthritis, especially those aggravated by food allergies. DMSO or pain gels are useful in reducing inflammation and pain when applied topically. Herbs including licorice (*Glycyrrhiza glabra*), poison ivy (*Rhus toxicodendron*), and alfalfa (powder or sprouts) are useful adjuncts to arthritis treatment programs.